

Child Care Health Consultation Health Issue Training Lesson Plan

Contractor (LPHA) Name: Clark County Health Department

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Health and Safety Standards	Training Levels
<input type="checkbox"/> Promoting Risk Management Practices <input type="checkbox"/> Protecting Children and Youth <input type="checkbox"/> Promoting Physical Health <input checked="" type="checkbox"/> Promoting Mental Health <input type="checkbox"/> Promoting Healthy Eating	<input type="checkbox"/> 1 <input checked="" type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 Source: Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011

Title: Parent Café 2.5

Learning Objective(s): Attendees will

- Learn the mental health impact that parent cafes have on children and their families
- Learn about what protective factors are and the importance behind five protective factors that keep families strong
- Learn how to strengthen their relationships with children and their families
- Learn of the impacts a support system can have on individuals and their families

Topical Outline of Content	Resources Used
<p>Welcome: To create a sense of community, welcome the guests, and begin to set a tone of warmth and inclusion.</p> <p>Parent of Agreements: They are used to create and foster respectful communication in order to have conversations that matter in an emotionally safe environment.</p> <p>Introduction to the theme of the Café and Protective Factors: To build and raise awareness of the Protective Factors. The goal is for parents/CCPs to understand, be aware of, and discuss the meaning to the Protective Factors and how they operate in their lives.</p> <p>One-on-One: To create intimacy and get parents/CCPs warmed up to talk. To set the stage for café conversations by practicing active listening. The debrief of the one-on-one brings the whole group together and expands sharing. It is important in the debrief for people not to tell their partner's story.</p> <p>Café Conversations: To develop knowledge and awareness of the Protective Factors while building them. To encourage self-reflection and peer to peer learning.</p> <p>Commitment Card/Letter: To present the opportunity for an "individual harvest" that allows guests to commit to building Protective Factors in their lives. Serves as a tangible reminder of the Parent Café experience and their commitment.</p> <p>Harvesting/Debrief: To conduct a "Collective Harvesting" (large group debrief) that allows guests to share their "ah-ha" moments and what they learned during the Café Conversations. This is part of the closure process.</p> <p>One-Word Closing: To provide emotional closure and allow reflection on the process and the overall feeling of the Parent Café experience.</p> <p>Evaluation and Next Steps: To measure the impact of the Parent Café. Next steps tie the Parent Cafes to a larger parent/CCP engagement strategy and answer the inevitable questions that guests have: What's next? Where do I go from here?</p>	<ul style="list-style-type: none"> • Parent Café in a Box • www.bestrongfamilies.org/parent-cafes • Be Strong Families Parent Café Training Institute Participant's Manual

Method(s) of Outcome Evaluation: Participation, group activity

Health Issue Trainings are developed utilizing best practice references such as the "Kansas and Missouri Core Competencies for Early Childhood and Youth Professionals" (Content Area V: Health and Safety), and the National Health and Safety Performance Standards, "Caring for Our Children." Consultants developing new lessons for Health Issue Trainings should use this template and submit to the CCHC Program Manager, for submission to the Missouri Workshop Calendar for Program approval. Health Issue Trainings already approved by the CCHC Program Manager and the MO Workshop Calendar are approved for use by any contracting LPHA. Approved lesson plans are reviewed by the CCHC Program Manager at a minimum of every three years, and are therefore considered approved if in circulation until otherwise instructed by the CCHC Program Manager.